

FACT SHEET SUMMARIES and Common Themes....

FACT SHEET SUMMARY QUESTIONS	Mental Health FACT SHEET ANSWERS	Intellectual – Developmental Disabilities FACT SHEET ANSWERS	Substance Abuse FACT SHEET ANSWERS	Common Themes amongst the three disabilities for FACT SHEET ANSWERS
1. What is... (MI, IDD, SA)?	<p>A mental illness is a biologically based brain disorder that changes a person's thinking, feelings, or behavior (or all three) and that causes the person distress and difficulty in functioning. It can strike individuals in the prime of their lives, often during adolescence and young adulthood and without treatment can lead to unnecessary disability, unemployment, trauma, substance abuse, homelessness, inappropriate incarceration, and suicide.</p> <p>Mental Health Facts:</p> <ul style="list-style-type: none"> • It cannot be overcome through "will power" and are not related to a person's "character" or intelligence • Even people with the most debilitating mental illnesses can 	<p>Developmental Disability refers to a group of diagnosis that is noticed during a person's childhood and will continue indefinitely. A developmental disability is a severe, chronic disability of a person which may have caused a intellectual or physical impairment or combination of intellectual and physical impairments;</p> <p>A developmental disability results in substantial functional limitations in three or more of the following areas of major life activity:.</p> <ul style="list-style-type: none"> • self-care, • being able to communicate with others, • being able to learn, • being able to move from one are to another, • being able to learn to live by one self, • being able to 	<p><i>Substance use disorder</i> is a broad term that encompasses abuse of and dependence on drugs or alcohol. It includes using illegal substances, such as heroin, marijuana, or methamphetamines, and using legal substances, such as prescription or over-the-counter medications, in ways not prescribed or recommended.</p> <p>Defining Substance Abuse and Dependence Both substance abuse and substance dependence refer to maladaptive patterns of substance use. Substance abuse refers to using any substance in a way that leads to:</p> <ul style="list-style-type: none"> • a failure to fulfill major responsibilities at work, school, or home, or to substance-related legal or interpersonal problems. • It also includes using substances in situations 	1. without proper supports and or services, can lead to chronic impairment and difficulty in daily living

	<p>recovery and do better</p> <ul style="list-style-type: none"> • Stigma erodes confidence that mental disorders are real, treatable health conditions. • The most serious conditions affect 5-10 million adults & 3-5 million children in the US. • While at all times 20% of the population has a mental illness only 3.5% are <i>disabled</i> by mental illnesses. • There is a consensus in the field that most consumers of mental health services are trauma survivors • By 2020, the diagnosis of Major Depressive Disorder will be the leading cause of disability in the world for adults and children. • The economic cost of untreated mental illness is more than \$100 billion dollars each year in the 	<p>manage your own life,</p> <ul style="list-style-type: none"> • and being able to earn money to support yourself. <p>An intellectual disability is a type of developmental disability.</p> <p>An intellectual disability is not</p> <ul style="list-style-type: none"> • a disease you can catch from anyone else • It's also not a type of mental illness, like depression. • There is no cure for intellectual disabilities. • most Individuals with an intellectual disability can learn to do many things. It just takes them more time and effort than other children. <p>Providing services to help individuals with intellectual disabilities has led to a new understanding of how we define the term. After the initial diagnosis is made, we</p>	<p>that put one's physical safety at risk.</p> <p><i>Substance dependence</i> manifests:</p> <ul style="list-style-type: none"> • as continued use of a substance despite negative physical or psychological effects, • inability to cut down or control the use of the substance, tolerance (using more of the substance to get the same effect), • and withdrawal symptoms when the substance is no longer consumed. • <i>Substance abuse may be further complicated by a Co occurring Disability or Trauma</i> • <i>Substance abuse may be initiated by a variety of risk factors that include environmental, and social conditions as well as depression, psychological or genetic conditions.</i> 	
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	<p>United States.</p> <p>Diagnoses are varied and can include:</p> <ul style="list-style-type: none"> • Bipolar Disorder • Schizophrenia • Co-Occurring Disorders (<i>Mental Illness combined with other disabilities</i>) • Major Depression • Eating Disorders • Obsessive-Compulsive Disorder (OCD) • Panic Disorder • Personality Disorders • Posttraumatic Stress Disorder (PTSD) • Attention-Deficit/Hyperactivity Disorder • Conduct Disorders 	<p>look at a person's strengths and weaknesses, how much support or help the person needs to get along at home, in school, and in the community. We attempt to get a realistic picture of each individual and we realize that the "picture" can change as the person grows and learns.</p> <p>What Causes an Intellectual Disability?</p> <p>There are many causes of intellectual disabilities.</p> <p>Some intellectual disabilities are caused by genetics. Examples of I/DD Caused by Genetics are:</p> <ul style="list-style-type: none"> • Downs Syndrome • Fragile X Syndrome • Angelman Syndrome <p>Some intellectual disabilities are caused by infection before or after birth such as:</p> <ul style="list-style-type: none"> • Congenital Rubella • Congenital toxoplasmosis • Encephalitis <p>Some intellectual Disabilities are caused by toxicity. These include:</p>		
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		<ul style="list-style-type: none"> • Fetal Alcohol Syndrome • Toxicity due to lead poisoning <p>In some cases, the cause of the intellectual or developmental disability is not conclusive such as autism</p> <p>The cause of an intellectual disability is known only about a third of the time.</p>		
2. What services are available?	<p>The Mental Health system offers a variety of services that emphasize support, education/training, rehabilitation and recovery for both children and adults.</p> <p>Examples of local services and initiatives include:</p> <ul style="list-style-type: none"> • Outpatient Services like individual therapy • ACTT-Assertive community Treatment Teams • CST- Community Service Teams • Mobile and Facility Based 	<p>The Developmental Disabilities system offers a variety of services that emphasize support, and habilitation. Services specifically targeting individuals with Developmental Disabilities include:</p> <ul style="list-style-type: none"> • Personal Care • Respite • Supported Employment • Crisis Services • Day Supports • Habilitative Services • Specialized Equipment and Supplies • Home Modification 	<p>North Carolina provides a full Continuum of Substance Abuse Treatment Services for adolescents and adults intended for rehabilitation and a continued recovery oriented system of care.</p> <ul style="list-style-type: none"> • Intervention • Prevention • Assessment • Outpatient SAIOP • SACOT • Medication Assisted Therapy (Opioid Treatment) • Intensive Outpatient • Non Hospital Medical Detoxification • Outpatient or 	<p><u>Services available to all 3</u></p> <ul style="list-style-type: none"> • Hospitalization • Assessment • Intervention • Outpatient care • Crisis <p><i>(generally basic treatment interventions are available to all)</i></p> <p><u>Services not available to all 3</u></p> <ul style="list-style-type: none"> • Prevention • Recovery and resiliency, self-determination Supports • Residential/Supported Housing and supports

	<p>Crisis Services</p> <ul style="list-style-type: none"> • Supported Employment • Jail Diversion • PATH- Projects for Assistance in Transitions from Homelessness • PSR- Psychosocial Rehabilitation • Services for Older Adults 	<ul style="list-style-type: none"> • Vehicle Modification <p>Individuals with Developmental Disabilities may also have a secondary diagnosis of Mental Health or Substance Abuse. When this occurs other behavioral health services are available.</p>	<p>Inpatient Detox</p> <ul style="list-style-type: none"> • Partial Hospitalization • Residential Halfway House ADATCs • Crisis • Recovery Services and Supports <p>CST</p>	<ul style="list-style-type: none"> • Employment supports
<p>3. What are the unique issues and concerns for individuals of this population?</p>	<p>Treatment is highly effective and recovery is possible – between 70-90% of individuals with mental health issues have significant reduction of symptoms and improved quality of life. There are many different paths, but Recovery is possible.</p> <p>Other issues in mental health include:</p> <ul style="list-style-type: none"> • Stigma and discrimination • Historically being told “<i>this is the best you will ever be</i>” – No hope from the system. • Need for 	<p>Individuals with Developmental Disabilities want people to know they learn to be independent. They want to be contributing members of the community. They need the proper supports and training to do so. Individuals with Developmental Disabilities are not invisible. They want to be seen as people not as the caregivers charge. When in restaurants they want wait staff to ask them what they want to order not their staff. Individuals with Developmental Disabilities are people first.</p> <p>Other issues in Developmental Disabilities</p>	<p>There is no identified cure for substance abuse and the actual numbers of this population is unknown. The addiction to the numerous variety of drugs both legal and illegal has complicated the responses to how to approach and treat this disease. Most researchers and practitioners agree that a single comprehensive understanding of addiction that applies to all persons and circumstances has not yet evolved.</p> <p>Other issues in Substance Abuse Include:</p> <ul style="list-style-type: none"> • Stigma and discrimination 	<ol style="list-style-type: none"> 1. understanding that recovery, resiliency and self-determination is possible 2. stigma and discrimination issues 3. human rights issue= everyone wants to be treated equally, fairly, as a person 4. misunderstanding of diagnoses 5. being given limited independence

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	<p>integrated medical/physical care: many people with mental health issues suffer side effects from medications or have poor diets and health problems.</p> <ul style="list-style-type: none"> • Lack of education about mental health throughout the community • Poverty and the “Benefit Trap”: unable to obtain or the fear of losing SSA benefits (insurance) • Fear of disclosure of psychiatric issues when looking for work • Being independent versus being “taken care of” • Person centered planning that is not <i>person-centered</i> 	<p>include:</p> <ul style="list-style-type: none"> • Lack of opportunities • Stigma and discrimination • Community lack of knowledge of I/DD • Quality Services • Lack of technology • Being independent versus being “taken care of” 	<ul style="list-style-type: none"> • Lack of knowledge of SA • Limited advocacy • Co occurring Disabilities • Lack of Trauma informed culturally competent care • Standard cookie cutter treatment (one size fits all) • Disease is progressive without treatment • Triggers and Risk Factors are in-grained into community • Home environment support system is frayed. • Limited availability of treatment services • Treatment too expensive • Addiction impacts other basic needs (i.e. home, work, environment) 	
4. What do	People with mental illness	People with	The substance abuse target	1. Choice

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<p>individuals with (MH, IDD, and SA) issues want?</p>	<p>want to have a life worth living, equal protection under the law, the right to pursue happiness and get well. This includes affordable and safe supported housing, meaningful activity-support employment, social & peer supports, transportation and financial stability.</p> <p>In order to achieve these goals, our system needs to be guided by:</p> <ul style="list-style-type: none"> • Recovery Oriented System of Care guided by the Recovery Model; this modality can save 35 to 45% of public service dollars. • Person-first language • Choice and options • Trauma-Informed Care • Linguistic and Cultural Competency including Deaf and Hard of Hearing and translation services. • Prevention and early intervention models, especially for youth 	<p>Intellectual/Developmental Disabilities want to be included in all parts of the community. They do not want to have a special bowling leagued, special proms, or special workshops, or special friends. They want have a life worth living, They want to have choices about employment, They want to have choices as where to live and have choices on how they spend their free time. They want the opportunity to make decisions for themselves. Individuals with Intellectual/Developmental Disabilities want affordable and safe housing, meaningful activity, social supports, transportation and financial stability.</p> <p>In order to achieve these goals, our system needs to be guided by:</p> <ul style="list-style-type: none"> • Person Centered Planning • Person-first language • Choice and options • Inclusive programs • Self Direction 	<p>population wants to live Drug Free in their own community within a safe and stable home and community environment. In order to achieve these goals our system needs to be guided by a Recovery Oriented system of Care model that provides a continuum of care that promotes, supports, and maintains:</p> <ul style="list-style-type: none"> • Affordable care and support networks available in the community where I live. • quick and easy access, and engagement of quality care from a skilled professional • Services provided with dignity and respect. • Job and housing opportunities • transportation, childcare, services that interfere with work, community & family obligations • A System of Care that promotes and 	<ol style="list-style-type: none"> 2. Dignity and respect 3. Meaningful activity 4. Safe place to live 5. Community integration 6. Transportation 7. Financial stability 8. Good care & skilled workers
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	<ul style="list-style-type: none"> • Safety and permanency for children in home, school, and community • Hope that we will get better and live full, inclusive lives 		<p>sustains self sufficiency and while providing long term continuous supports</p> <ul style="list-style-type: none"> • A system that addresses the various stages and experiences of recovery that includes relapse prevention and treatment recovery. 	